

Excel Physical Therapy: Combining the best of both Eastern, Western Medicine

By Andrew Amelinckx
For Hudson-Catskill newspapers

"We treat the whole person, not just the symptom," said Joshua Roylance, a physical therapist who works at Excel Physical Therapy.

"We don't have a protocol. Each case is on an individual basis." Excel Physical Therapy is located in both Hudson and Coxsackie, specializes in combining non-traditional therapy techniques with more conventional practices to help speed up the healing process.

Some of the non-traditional techniques they practice include muscle energy, Myofascial therapy, and cranial mobilization. Muscle energy is a hands-on technique that utilizes the patient's muscle contractions and body positioning to normalize joint motion.

Myofascial therapy refers to a system that utilizes physical treatment methods on skeletal muscles and the corresponding connective tissues, while cranial mobilization is a technique that works to restore the balance of cranial bones.

Roylance has his bachelor's of science in physical therapy, but says his manual training came after school, while practicing in Vermont. "For me, the traditional wasn't enough. There

were other things out there." That could be beneficial to his patients, he said, that "They didn't teach in [my] school."

To make up the gaps in his education, Roylance began taking continuing education courses all over the country – and still takes courses, along with the two other physical therapists at Excel, Tom Carroll Jr. and Alan Palmer, "about once a month."

"Traveling around the country for courses may seem crazy, but if it benefits our patients it's worth it," said Roylance.

He said his skills have allowed him to better treat numerous ailments including temporomandibular joint disorders, carpal tunnel, and back pain.

Excel's methods, as opposed to traditional physical therapy or chiropractics, focus on the underlying problems as opposed to the superficial manifestation of pain.

For those patient's that "don't benefit from either," Roylance said, "we can provide them with relief and expedite how quickly they will recover."